





515 CORTLAND AVENUE - SAN FRANCISCO - CALIFORNIA - 94110

SERVING THE BERNAL HEIGHTS NEIGHBORHOOD OF SAN FRANCISCO SINCE 1964

The Changing Face of Cortland Avenue

by Anne Telford

I first became acquainted with Cortland Avenue years ago, when my friend Suzanna bought a cottage on Prentiss. I would drive over the hill to visit from my flat on Peralta. I was envious because Cortland offered shops and cafes within easy walking distance, all the things my neighborhood was missing. At that time, on my side of the hill there was only the corner market and Cafe Cozzolino at the end of Precita Park. Suzanna was fierce in her commitment to support her local businesses. She wrote letters urging the Bank of America to keep the Bernal branch open. Neighbors like Suzanna helped us keep our branch library. When Heartfelt opened, I would come over to shop for birthday presents and objets d'art for my house, delighted that such a cool shop was so close.

Years passed, and in 1996 I bought a house on Folsom Street. Over the last three years I have watched Cortland change. Martha & Bros. Coffee has added a vital gathering place to my end of the Avenue. Goodwin has moved her eclectic and lively shop down the block and continues to create her wonderfully engaging window and street displays. Sadly, David Rogers departed for Montréal and his former shoemaker's shop is freshly painted and vacant. Barking Bassett has been redecorated with new seating, tabies and art. Sam Yousef, former manager of a Mediterranean restaurant, is the new owner of Moonlight Cafe, which now boasts "New sandwich quality," according to Yousef. The menu presents a variety of interesting sandwiches, including what one neighbor touts as the "best chicken salad sandwich." His hours are 6:30 a.m. - 6 p.m. Monday through Friday and 7 a.m. - 5 p.m. Saturday and Sunday.

And more change is in the works. While change can be a good thing, sometimes it's also a bit unsettling. My guess is that most Bernal residents don't want Cortland to become a carbon copy of Noe Valley's 24th Street. I suspect that like myself, many of my neighbors have chosen this neighborhood to live in because it is so diverse, creative and, well, a little funky. I like that.

Teodosia Gallery, which featured handmade furniture and imports from Mexico, moved online June 1, and the gallery has closed its doors. Fans of Teodosia will find silver jewelry from Mexico, Southeast Asian jewelry, Huichol crafts, tin work from San Miguel de Allende and more by logging onto www.teodosia.com. Owner Dimas Moncada Jr. of D&D Enterprises, plans to offer a diversity of products along with the stories of their place of origin. Running a gallery online will take considerably less time, not to mention lower overhead costs. While the gallery business will take less time, Dimas can dedicate himself to the other facet of his business which involves helping non-profit groups establish web sites. A percentage of profits are returned to such local groups as Casa de los Madres and Lavender Letter. For more information, call (415) 773-8523.

Going, going, gone! Photos & Caption by M. Dorst







The former auto shop at 3101 Mission Street is giving way to Bernal Gateway Apartments! Demolition began May 24, and construction will begin in late summer following soil preparation. Watch for these 55 units of affordable, family apartments to be completed in October 2000. Rental applications will become available in the middle of next year through Caritas Management.



Everyone's favorite gift shop is up for sale. Heartfelt owner Kathleen Dunphy has relocated to Hawaii and is actively looking for a buyer. If any potential buyers are reading this, the neighborhood loves this cozy, narrow shop chock-full of fun gift ideas. (Read between the lines: Please don't change a thing!) Heartfelt's artistic window displays, which bring a different theme to life each month complete with painted walls and props, are the visual highlight of Cortland.

Most businesses on the street are small and intimate, creating natural gathering places for conversation and social interaction between neighbors. Perhaps all that underutilized space at News & Noise scared people off. The store is under new ownership and is currently being revamped. We look forward to its new incarnation.

Make sure that the businesses you enjoy stay in business. If you like a local cafe, shop, or supermarket, support it with your consumer dollars. If you appreciate a clever window display, a bench to sit on, or flowers to enjoy, say so. Let shopkeepers know you applaud their efforts. If they don't stock something you need, tell them which products you'd like to see. The old adage, "think globally, act locally" applies to our shopping street.

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515 Cortland Avenue San Francisco, CA 94110 (415) 206-2140 ext. 108 fax: (415) 648-0793

> **EDITOR** Anne Telford DESIGNER Julie Glantz

EDITORIAL COMMITTEE Demice Garepis Valerie Harris Valentin Porras **David Shaw** Mauricio Vela Lakenda Wallace ADVERTISING Michael Golojuch DISTRIBUTION Mauricio Vela and numerous volunteers

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> Editor reserves the right to edit submissions for clarity and space.

neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with their community's news, ideas, issues and events, which

support the center mission:

New Bernal Journal is a

"To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic conditions of low and moderate income people in Bernal Heights."

New Bernal Journal is distributed door-to-door free to the community of Bernal Heights.

Articles express the views of contributors and not neccessarily those of New Bernal Journal or the Bernal Heights Neighborhood Center.



EAST & SOUTH SLOPE UPDATE

The city of San Francisco is making life safety, street, and infrastructure improvements in three areas on the east and south slopes of Bernal Heights. This work is being funded by the 1989 Proposition B sales tax initiative and includes: water, sewer, and street improvements. Overhead utilities are also being converted to underground during the construction period. Construction of the Brewster-Joy area is 99% complete. Banks- Chapman is at the 90% planning stage. Planning for the Bradford-Jarboe area is scheduled to begin later this year. The Bernal Heights East and South Slope Improvement Committee (BHESSIC), a group of eleven neighborhood representatives elected annually by the residents and property owners of the three improvement areas, is developing plans with the Fire Department, Planning Department, Bureaus of Engineering and Landscape Architecture, Department of Public Works, Water Department and the Department of Parking and Traffic, PG&E, and other city agencies. To date, street widths and alignment for Banks-Chapman have been decided. Hydrants and locations, as well as street lights have not yet been fully decided, nor has parking. Ninety percent plans were resubmitted to the City by BHESSIC with residents' recommendations and questions. The parking plan remains to be developed, and the hope is to retain as much of the existing parking as possible.

Working with the community's input, all of the responses are measured, thought out, and if appropriate, integrated into the plan. A community meeting will be held in mid- to late July to elect BHESSIC members and to review the Banks-Chapman 90% plan. Since BHES-SIC has not received notification from the City as to when they will have amended plans, the exact location and date of the meeting are yet to be determined. The location and time will be posted at the Bernal Heights Neighborhood Center, and at the BH Library when the date of the meeting has been set. For further info, contact Barbara Underberg (415) 648-6220.

LETTER FROM THE EDITOR

With the last issue, Valerie Harris left the New Bernal Journal as editor. I'd like to thank Valerie for her organizational skills, conscientiousness, community spirit and hard work.

Having been the chair of the New Bernal Journal's editorial committee for some time, and an editor and journalist for many years, I offered my services as an editor and enlisted my neighbor and colleague, Julie Glantz, to assist me with this issue. So, you may notice a more streamlined design and editorial approach; a result of our joint influences as the managing editor of Communication Arts, a national design trade magazine and the designer of A Thousand Words, a local studio which produces book and stationery products. However, the main emphasis is still on the wonderful community that we live in.

As a 13-year resident of Bernal-10 on the North side of the Hill and 3 on the South side; as a homeowner; parent of a 3-year-old and caregiver for my 81-year-old mother, I feel lucky to live in a community that is diverse and supportive of children and elders.

I love being able to take my daughter to the park, stopping to visit the Cortland shopkeepers and the dogs along the way, or taking a walk to the top of the Hill to admire the city views and pick wild berries.

Bernal feels like a small town where the neighbors watch out for each other and people know one another by sight, if not by name.

One of my desires for the New Bernal Journal is to actively open its pages to the community as a forum for expression. I'd like to invite children to submit poems, short stories and drawings for a kid's page. Writing and creating art are powerful forms of expression and help form self esteem.

Considering the active role of the Senior Center at the Bernal Heights Neighborhood Center, I'd also like to invite seniors to express their opinions about their neighborhood and tell us their stories. All of the generations can learn much from each other. We have many active seniors such as Elizabeth Egger (see article), who add immeasurably to our neighborhood. Bernal has among its residents many artists, musicians and writers. We will be profiling a local artist in each issue.

This paper is here to inform you of events and policies affecting our truly unique and wonderful neighborhood, and to highlight ways you can become more involved.

Working together we can shape the face of our community, our schools, and our streets. I welcome your comments and stories.

Given the short turn-around time and the learning curve inherent in any new endeavor, we're sure we've left things out and made mistakes but we hope you enjoy this issue of the paper.

Sincerely,

Ann Telpsex Anne Telford

CAPTAIN'S REPORT

SAN FRANCISCO POLICE COMMISSION VISITS INGLESIDE POLICE DISTRICT

by Captain Rick Bruce

On May 19, 1999, the San Francisco Police Commission paid their annual visit to the Ingleside district by conducting their regular weekly meeting in the assembly room of Corpus Christi Church. These meetings provide an opportunity for residents and others to speak directly with the police commissioners about crime-related issues that affect them and their neighborhoods.

Approximately ten Ingleside residents chose to speak with the Commission, and they voiced a variety of concerns about crime conditions in their respective neighborhoods. There was a common thread that ran through each of the resident presentations, and that was a feeling that a true partnership had been formed between the community and the officers of Ingleside Station, and that this partnership was helping to address crime and quality of life issues in all of our district neighborhoods.

We in law enforcement often speak of Community Policing, sometimes to such an extent that the phrase begins to lose its meaning. But here in the Ingleside district, we attempt to carry out the ideals and tenets of this philosophy, with full knowledge that we are public servants, and that our success will ultimately be judged by the citizens that we serve. I have made every effort over the past two years to solicit constant feedback from numerous members of the community, in the hopes that we can continue to adjust our various approaches to public safety, and in so doing, provide the highest level of service

The Bernal Heights community was well represented at the Commission meeting, and I wish to thank each of them for their supportive and kind words. I look forward to continuing to strengthen the bond between my officers and the Ingleside community, and with your help and support, we can accomplish that goal.

For advertising information and rates, please contact: Michael Golojuch (415) 206-2140 ext. 148

The publication date of the August September issue of the New Bernal Journal is August 7. Submissions due July 23.

JULY 17TH CONGRESS SET TO DISCUSS URGENT ISSUES FACING BERNAL HEIGHTS by Mauricio Vela, Executive Director

Interested in keeping the neighborhood affordable and diverse? Trying to figure out what to do about gentrification? Ensuring Bernal seniors age independently in their homes for as long as possible? Counseling youth so they become successful young adults? Maintaining our unique sense of Bernal community pride? Advocating at City Hall to ensure a safe and healthy community? This year's Congress scheduled for Saturday, July 17th from 9 a.m. -1 p.m., is an urgent communitywide meeting. BHNC members and neighbors will receive a 1998 annual report, culminate our annual membership drive, and elect new BHNC board members. Most importantly, the members and neighbors will discuss the Center's initial Strategic Plan findings. The plan will direct services and activities of the BHNC for the next three years. You need to be there.

The neighborhood is changing at such a rapid pace it was essential that we take a "time out" and plan for the future. Neighbors have participated in focus groups and others have taken the time to complete surveys. Merchant partners have distributed and collected the surveys and NBJ distributors helped get the surveys out to neighbor's doorsteps. I want to thank everyone who has taken time to get themselves and others involved and for sharing their perspective on the current and future issues facing the Bernal Heights community. However, our work is not complete. Join us on July 17th to develop the action plan.

Members will also be able to elect BHNC board of directors members. Five seats are up for election every year. Board members are elected to three-year terms. If you are interested in running for the board, please express your interest by getting involved with one of the BHNC's working committees or volunteering in some other capacity.

Simultaneously, we have launched our annual membership drive. Our goal was to have 500 Friends and Members by the day of Congress. As of Friday, May 28, we had 300 members, 60% of our 1999 goal. We need your help! If you have joined, I thank you! If you haven't, I invite you to join. We also need you to encourage neighbors and friends to join. On Saturday, July 10th we'll be walking and tabling the neighborhood to recruit new members and encourage neighbors to attend Congress. Come on out and join us!

Your support is vital to the continued provision of our services and activities. Just last week, BHNC board, staff and clients participated in three special events. The "Senior Night Out" which allowed for our frail/home-bound seniors to enjoy a night out on the town. a large community meeting advocating for more affordable senior housing in the Excelsior/Outer Mission, and a Friday night BHNC youth dance. All of these efforts were in addition to delivering our daily services.

In closing, on behalf of the board of directors and staff. I want to welcome the following new employees to the BHNC family: Dale Becknell, Housing Rehab. Loan Specialist; Claiborne Childs, Summer Youth Employment Field Counselor; Justine L-Strebler, Housing Accounting Manager; Cristina Ramirez, Summer Youth **Employment Program Assistant**; and Claire Van Zevern. Resource Coordinator. We look forward to working with this group of dedicated and committed individuals to continue delivering high quality services to Bernal, Excelsior, and Outer Mission communities. We look forward with your participation and support to a very successful summer. See you on July

17th. For more information please call (415) 206-2140.

If you work for a living, you ought to be able to—make a living. Seems simple enough, but it ain't necessarily so in today's America. Even in California, where the minimum wage is higher than the federal mandate, 52 weeks of 40 hours of minimum wage work will gross you \$11,960 at the end of the year. There's not a lot of people going to be bringing up families on that. It is simply not a living wage.

For that reason, Bernal Heights Supervisor Tom Ammiano has introduced a Living Wage Ordinance for San Francisco. Businesses and organizations holding city contracts or leasing city property would be required to pay employees at least \$11 per hour plus health benefits, or \$22,880 annually. No one's going to get rich working one, but at least it would not be a joke to suggest that someone could live on such a "living wage" job.

The basic principle behind the ordinance is that the government of the City and County of San





A LIVING WAGE FOR SAN FRANCISCO

by Tom Gallagher

Francisco, which shoulders the primary burden of dealing with the city's large and visible indigent population, ought not to be in the business of creating or perpetuating poverty by subsidizing poverty-level jobs. This concern, financial as well as philosophical, has thus far led the governments of 28 other cities and counties to adopt Living Wage Ordinances.

That some "living wage" will become law seems certain, since Mayor Willie Brown has said that he will "sign whatever living wage measure ... reaches my desk." But the dollar figure that will finally reach his desk is less certain. The San Francisco proposal would be the highest "living wage" figure yet adopted, but it has already been lowered in months of discussion preceding its introduction. The Association of Bay Area Governments pegs the wage actually needed to support a single parent with one child here at \$13 per

Nonetheless, we can expect a vigorous effort, superbly orchestrated by behind-the-scenes consultants

who earn more before lunch than a living wage worker will make in a week, to convince us that \$11 an hour threatens the city's "business climate." They may even find directors of non-profit organizations to warn that the bill will actually hurt the poor people it is supposed to help. But the simple fact of the matter is that no one you will hear proclaiming that the proposed living wage is too high would think of working for anything so low themselves.

Anyone who thinks that a city where San Francisco Giant Barry Bonds and both CEOs of Charles Schwab make over \$7 million a year, and where former Bank of America president David Coulter can collect a \$100 million severance package, is also a city that should see to it that the people indirectly working for it earn

enough to get off of food stamps, should call the Board of Supervisors and tell them so.

Open Space Dedication Honors Lifelong Bernal Resident

City Proclaims "Day" for Open Space Advocate

by Kathleen Angus

More than 80 friends, relatives and neighbors of Elizabeth "Lee" Egger gathered at the top of Harrison Street stairway on the north side of Bernal Heights on Sunday afternoon, May 16, to honor her with the dedication of the open space garden named for Lee and her family. Born on the East Slope of Bernal Heights in 1913. Lee is a lifelong resident and open space advocate whose interest and persistence has helped make Bernal the attractive neighborhood it is today.

Dozens of Bernal families were on hand, along with Lee's three surviving brothers and two-dozen Egger family members, for the dedication ceremony and celebration. Terry Milne, coordinator of the event, served as master of ceremonies while Father Ignatius De Groot, pastor at St. Anthony's church, officially blessed the new garden. Several friends and family brought plants in honor of Lee and later shared refreshments and reflections at the reception following the event. This celebration highlighted the twin treasures of the community, the preservation of open space and neighborhood history.

Lee was recognized for her commitment and hard work to protect the neighborhood and preserve the top of the hill open space for all to enjoy by a proclamation issued by Supervisor Tom Ammiano for the City and County of San Francisco naming May 16th Elizabeth Egger Day. She has been in the forefront of the battle to enact neighborhood design review and down-zone areas of the hill for single-family homes, as well as having been an active force in the early efforts of neighborhood tree planting. Not surprisingly, she is also the historian of Bernal Heights.

True Bernal pioneers, the Egger family arrived in the neighborhood from Austria in 1907 soon after the earthquake and before Lee's birth. Lee attended St. Anthony's school, never missing a day, and later taught catechism at the church for many years. Not only was Lee born and educated in the neighborhood, she spent 28 of her professional years working as an executive secretary at a lumberyard on Bayshore Boulevard. While the community has changed dramatically over the past decades, with Lee's help, Bernal Heights has maintained the qualities of an active and caring neighborhood. Several groups and individuals worked for years to create and dedicate this open space garden. Among those credited are Friends of Lee Egger, Committee for Bernal Heights Open Space, East Slope Design Review Board, Bernal Heights Tree Committee and East & South Slope Improvement Committee, Anne Batmale, Terry Milne, and Jim Stearns, along with other friends and benefactors, made the

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SOUTH BERNAL ACTION ALLIANCE UPDATE:

BEAUTIFYING THE FISH TRUCK LOT

Information provided by Melinda May Mazzetti

The South Bernal Action Alliance group presented a wish list to the Water Department for the lot the Department owns, located at Crescent Avenue and Putnam Streets, across from the Farmers' Market. Gary Dowd of the Water Department met recently at the Mayor's office with Melinda May Mazzetti of The South Bernal Action Alliance group, Terry Milne of the Bernal Heights Tree Committee, and Erica Roman, the mayor's liaison for Bernal Heights, to discuss the list and its fulfillment.

In the meantime, while the wish list waits to be granted, Friends of the Urban Forest have planted trees along the edges of the lot and also along the edges of the parking lot opposite. They made arrangements as well for the trees to be watered regularly by the same folks who tend to the Farmers' Market plantings. A resident of South Bernal, Lisa Wayne, who is a botanist, has agreed to do the pruning. Another case of involved neighbors making a difference for the greater good of the neighborhood.

Civic activism remains alive and well on the Hill!

Here's The SBAA wish list: Lot graded and straight beds formed along west and north sides.

 Drought resistant shrubs planted in beds; a perimenter of ceanothus or other selection to be made by S.L.U.G.

There is the possibility of getting these shrubs through an existing CalTrans grant.

The SBAA neighborhood watch and improvement group would guarantee maintenance of trees, shrubs and beds, with seasonal planting of bulbs and annuals. Mauricio Vela, Director of the Bernal Heights Neighborhood Center, has agreed to discuss the possibility of involving neighborhood kids in both the maintenance and plantings.

Tony Wolcott of Friends of the Urban Forest has arranged with Elliot Donnely at the Tree Corps for the watering of the beds.

- Gravel spread over the graded dirt portion of the lot forming clean edges where it meets the sidewalk. The SBAA group will attempt to get the gravel donated. Maintenance of the gravel portion of the lot is to be an enforced condition of any future lease.
- ·Sidewalks and curbs repaired or replaced where necessary.
- A street light either added or redirected to light the lot at night.
- A uniform wood fence at the back of the north and west sides of the lot. The SBAA group would attempt to get the wood for this project donated. If anyone can help with one or more of these items, please call Melinda May Mazzetti at (415) 648-2376,

🤻 or fax (415) 647-7677. 🗟 🔱

CELEBRATE PRIDE MONTH

By Gary Marshall

What is the common link between a Salvadoran immigrant teenage girl, a middle-age drag queen, a retired civil servant, and an elderly feminist tarot card reader? They all fit under the sprawling umbrella of "Lesbian/Gay/Bisexual/Transgender" (LGBT). And in June, across the country, they'll be celebrating their uniqueness as well their commonality during Pride Month.

In San Francisco, the celebration centers on the S.F. Pride Parade, June 27, which will stretch from Beale St. to Elghth St. in the Civic Center, where the annual Celebration will offer dancing, food, and booths ranging through a spectrum of politics, crafts and rainbow souvenirs. The grand marshal for their parade this year will be Harry Hay, one of the original founders of the Mattachine Society in 1950 and founder of San Francisco's Radical Faeries. The support and advocacy group Parents and Friends of Lesbians and Gays (PFLAG) was elected Organization Grand Marshal.

If you're interested in watching the parade, but would like a retreat from the maddening crowd (and the Parade crowd can be plenty maddening) check the **Gay and Lesbian Historical Society Open House** at 973 Market Street. The society is offering tickets to the great views they have from their windows overlooking Market St. They suggest \$120 donations for the public, \$2 for members. Contact **(415)** 777-5455 for information.

The day before, **Pink Saturday** seizes the **Civic Center** for a preview of Pride Celebration wing-ding. From **noon till 6 p.m**. expect plenty of booty shaking in front of City Hall with both recorded and live music available.

The Dykes March from Mission to the Castro has swelled over the last few years to an event as amusing and stirring, but much more rambunctious than the official Parade. Look for it starting about 6 p.m. on June 26.

Throughout the month of June, celebrations, commemorations, performances, events, oversized dance parties and, of course, potlucks will salute the progress the LGBT tribe has made against bigotry and honor the work still ahead. Good venues of information include The Bay Area Reporter newspaper, the Jim Hormel Gay And Lesbian Center of the San Francisco Public Library, A Different Light bookstore at 489 Castro, and the Jon Sims Center for the Performing Arts at 1519 Mission.

For more specialized tastes, consider the Gay & Lesbian Band (always a big hit of the Parade) Info Line at (415) 255-1355 for musicians; the Alexander Hamilton Veterans Association, (415) 431-1413 for vets; Team San Francisco (415) 522-2386 for jocks; and the Queer Cultural Center (415) 552-7709 for mayens.

Good web sites to visit include www.citysearch.com for general information on the month; www.sfpride.org for information by and about the organization that puts on the parade, although it doesn't seem to be updated very rigorously. Don't bother with www.gay.com; irrelevent as usual, all it does is link to the sfpride.org. Try www.kqed.org for televison from a queer viewpoint. For an orgy of links, go to www.ask.com and search for "gay pride".



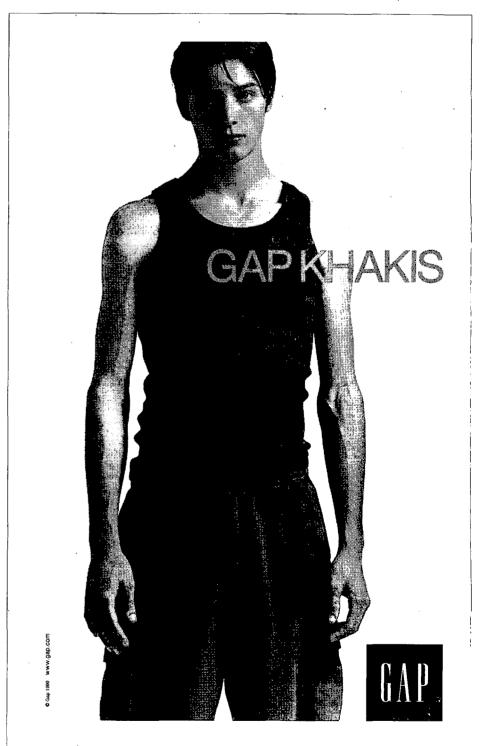
The Bernal Heights Neighborhood Center is proud to sponsor the first annual Bernal Heights Film Festival.

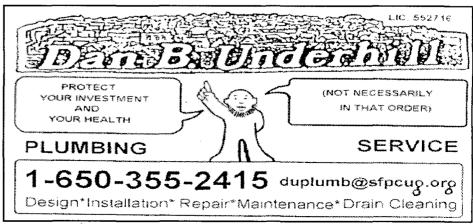
This long-awaited event, which displays the extraordinary diversity of cinematic talent unique to Bernal Heights, is held to thank members and Friends of the Bernal Heights Neighborhood Center. Films will be presented the last Mondays of the month from July through November. Starting the Film Fest is Greg Gavin's "Bernaltown" with short films on Monday, July 26th.

On Monday, August 30th, we will feature Deb Chasnoff's award-winning "Deadly Deceptions" and her film with Kim Klausner on their groundbreaking look at lesbian mothers "Choosing Children". On Monday, September 27th, we will feature Ruby Yang's provoking coming-of-age film on the Hong Kong transition seen through the eyes of youth "Citizen Hong Kong". On Monday, October 25th we will feature Vicky Funari's highly-acclaimed film "Paulina".

Admission is \$1 for non-members and free of charge for members and Friends of the Bernal Heights Neighborhood Center. All films are open to the public. All films start at 7 p.m.

Our first film, Greg Gavin's "Bernaltown" will be presented Monday, July 27th, at 7 p.m. at the Bernal Heights Neighborhood Center, followed by a "Meet the Filmmaker" post-film chat with the audience. For more information, please call Demece Garepis at (415) 641-0507 or email dgarepis@pacbell.net.





A Flock of Thank You's To Our "Early Birds" (BHNC Members and Friends who joined by May 24th)

June Ahern
John Alcaraz
Scott Alden & May Masunaga
Michael Allison & Jennifer
Chapman
Ignacio Almoite
Louise Ambrose
Kathleen Anderson & Peter Jonas
Barbara Arbucci & Evelyn Rankin
Galena Armstrong
Laura Atkinson
Robert Auerbach
David & Patricia Avery
Eliza Mae & Archie Banks, Jr.
Raul Barraza, Jr.

Robert Basker
Geoffrey Bauman & Abigail
Meyers
Darryl Beach

Richard & Carol Rizzo Bee Victoria Bellotti Irene Berman

Ronald, Camilla & Andrew Bixler Robin Blackstone & Judith Helder Angelica & Stanley Bondoc Peter & Dolores Brady Anna Brandi

Shella Brenner

Laura Ann Bresler & Bruce

Johnson

Margaret & Henry Brodkin
Jo Ellen Brothers & Edward
Hammack

Joseph Busch & Gail Greogory
Sansbury

Richard & Glynn Butterfield, Jr.
John Ambler Caperton
Inocencio Capingin

Inocencio Capinpin Rosa Carrillo Bill Cartwright/Skip's Tavern

Bernice Castaing

Catherine Cavey & Annie Slade Karen Chapple Ernest & Bernice Cheader

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Scott Davis & Howard Perofsky

Vivian De Ceoursty Francis De Rosa Juan De Vera Lawrence Dean

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Dora & Jacqueline Elderkin Joseph Engelman & Debra Murov Anwar Gibson Ruth Garcia

David Gavrich & Tina Cervin

Carmela Gervasi Mark Freeman Robert Friedman Carol Gadas

Jeanne Fisher Luisa Francisco John Freeman

Kathryn Erickson Maria Escalona Isabel Estrada

Alice Gilbeaux
Wayne & Mary Giles

Brett Gladstone & Steven Vettel/

Gladstone & Vettel
Joseph & Laura Belfiglio Gold

Joan Goldman Sonia Gomez Mendieta

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Rosalina Gutierrez Sabrina Gutu

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Beulah Heagren William Healey Karl & Michele Heisler

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Roselee & Jeffery Higdon

& Kathy Torres
Bruce Hillman & Deborah Franzini

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Chambers

Carlin Holden
Tim Holland & Anne Marie Grace

James Howard
Jermaine Hilbbler
Jeannie Hwang
Hanne Jensen
Miguel Jimenez

Rigoberto Jimenez Andrea Johnson & Mindy Ross Gladys Jurgens

Robert & Kathleen Kaiser Joel Kamisher

Judie & Kuihelani Kanui, Jr. Rick Karp/Cole Hardware Susan Keefe & Lu Kabir

Shelby Kennedy Max Kirkeberg Susan Kitazawa

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Judith Kurtz Leonard Merrill Kurz

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Mercy Housing

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Michael Marcum & Phyllis

Schoenwald

Raymond & Judith Markoff Hansen Kelly Marquis

Dale Martin Kenneth Kirsch

Kenneth Kirsch
Bertha Martinez Giovanni &

Maritza Martinez
Jad Massis/Reliable Grocery
David Matchett & Carol Snow
Isabelle Mayo
Alexandra McCray

Alexandra McCray Richard & Joann Miller Ray Moisa & Linda Lucero Martha Monroy/ Martha & Bros.

Coffee
Frank & Mary Kathryn Morelli
Richard Morris
Florence Mosley

Leslie Moulton
Jennifer Post
Miriam Mueller

Julian, Comet & Molly Navarro Barry Nemiroff & Lesley Pierce

Peter Neuendorff/
Caritas Management
Hazel Ngim

Consejo Niego Hermanto Notodihardjo

James O'Malley Bonnie Lou Olson Neil Olson & Jessica Lanning

Francisca Orais Frank Palma Casiano Pantillo Corazon & Noel Pascua Ellen Pearson

Olga Pellegrini Kaleena Perruquet Beth Pewter & Leonard Breger Kathleen Phillips & Elizabeth

Dunn nerese Frank Phil

Therese Frank Phillips Lesley Pierce & Barry Nemiroff Roland & Barbara Pitschel Lorraine Porter

Robert Prentice & Jill Stanton Anita Provost Martha Purdy Stein Christine Pyston

Marcelino Quibuyen Kathleen Ramos Loumena Rappa

Lynn Redick & Kevin Slaughter Jodi Reid & Bruce Livingston

Michael Reid Craig Reubens Gary Richmond Julia Riddell Janet Robertson

David Robinson & Jeanne Darrah

Bruno & Maria Rocha Angelica Rodriguez Celia Rodriguez Nora Roman Sally & Daniel Rosen Elan Rosenquist

Sandip Roy-Chowdury Christina Rubalcava Laurie Salen

Maria Elsa Salinas Sue Saperstein Oliver Sauneuf Eric Sawyer

Diane Ross

Annette Schubert Royce Schumacher Lynn Scott

Pelagia Socias Gina Solomon M.D. & Annette Huddle **Emy Sonico** Carren & Earl Shagley Steven Shapiro Stephen Share & Tom Miner **David Shaw** Patricia Silver Kira Simring Desu Sorro Michael Sova Dianne & Bruce Spaulding Marilyn Sronce Scott Stark & Kathleen Tyner Stearns Consulting, Inc. Kevin Stein & Helen Bruno Craig Stephen & Christina Althoff Kevin Stevens & Lisa Mullikin Elaine Stoller Stuart Stoller & Novella Smith Derek Stordahl Jody Suden Paul Sussman & Linda Dallin Florentina Tabora

Lesa Tagaloa
Stephen Teeple
Anne & June Telford &
Stephen & Hannah Orr
Susan Thackery, Ph.D. & Steve
Anker
Beverly Tharp & James
Zimmerman
Geronimo Thomas
Roy & Crystal Thomas

Roy & Crystal Thomas
Malcolm Thornley
Robert Nett/El Rio
Julie Torgeson
Deborah Townsend
Steven Travis
Michael & Noel Troller
Marsha Underhill
Telesforo Unite
Bernice Van Eckhardt
Cheri Van Hoover
Bernard Weiner & Heidi

Linsmayer

Linda Weiner

Robert Weiner & Karen Rhodes Charles William Wenham Nancy Werner & Jim Emerman Georgia Willette Gary Williams Hannah & Martin Wolf

Jennifer Ashley Wolff
Gilda & Earl Yeadaker, Jr.
Sylvia Yee & Brian McCaffrey
Peter Westermayer

Peter Booth Wiley & Valerie Barsh Linda Willard

Special thanks to: The volunteers of Gifts on the Hill, the staff of BHNC and especially the Senior Program, and many, many youth workers!

Have we misspelled your name?
Did we leave you off our list? If so, we're very sorry. But please, let us know so that we can acknowledge all our wonderful Members and Friends correctly in the future. Call Shella Brenner, Development Director, at (415) 206-2140, ext 161.



COMFORT ON CORTLAND:

LOCAL RESIDENT STARTS BERNAL HEIGHTS BRANCH LIBRARY CHILDREN'S FURNITURE FUND



Liz Jaroslow and her husband, Mark Lipsett moved to San Francisco 2 years ago. They, like so many of their neighbors, chose to live in Bernal Heights, for its diversity, its hometown feeling, and the willingness of its residents to be involved in the community, an experience they'd enjoyed in their former home, as residents of New York's Upper West Side.

Shortly after their arrival in Bernal, followed closely by the arrival of their son, Morey, Liz wandered into the Bernal Heights Library on Cortland. She found a place where children come after school to read, do their homework, draw and socialize. A place where parents, significant others and babysitters came with children to look at books and take breaks from the recently renovated playground behind the Library building. Voices softly chatting, cookies on the head librarian's desk, dogs venturing in for a moment while their owners return books all indicated to Liz that the Bernal Heights Library was a neighborhood focal point. She felt so welcomed, that she and Morey settled into a weekly routine. They can be found almost every Friday at 3:15 at StoryTime and extend an open invitation to all children from toddlers to age 5 to listen and join in while she reads stories, poems and songs to her son.

The children's section of the Bernal Heights Library needs a little face lift. Liz has independently contacted The Friends and Foundation of the San Francisco Public Library and they have agreed to set up a designated fund for Bernal Heights Branch Children's Furniture. Depending on how much money is raised, there could be a new rug, small comfortable furniture and child sized tables and chairs. This type of directed account is unporecedented and will be closed once the purchases are made. Please send any donations, payable to the Bernal Heights Branch Children's Furniture Fund, c/o Liz Jaroslow, Ed.M., 57 Winfield Street, San Francisco, CA 94110. For further information, call 415 642 3863, or fax 415 642 3829. jaroslow@hotmail.com

CAPTAIN BRUCE'S HOT LIST

This valuable list of important phone numbers was provided by Captain Rick Bruce of the Ingleside Police Station. We've printed it so you can clip it out for easy reference. All are in the 415 area code, unless specified.

- ABANDONED CARS 781-JUNK
- ANIMAL CONTROL (stray, abused, dangerous animals) 554-6364
- BUS SHELTER DAMAGE 882-4949
- CHILD COUNSELING SERVICES (Huckleberry House) 621-2929
- CITY TREES (Trimming) (Supervisor Ben Andres 695-2177) 695-2162:
- COMMUNITY BOARDS (Dispute Resolution) 863-6100
- CRIMESTOPPERS (Anonymous Crime Tip Line) 1-800-2-GIVE-INFO
- **DOMESTIC & FAMILY VIOLENCE (WOMAN Inc.) 864-4722**
- •DPW (Street trash) Kevin Flynn superintendent 695-2017 days 695-2020 nites / wknd
- DPW CONTACT Marcia deVaughn Deputy Director of Operations 695-2017
- EMERGENCY SERVICES 911

Be prepared to provide location and complete descriptions

- EMERGENCY SERVICES nonpublished number
- for cellphones particularly 553-8090
- GARBAGE SERVICE COMPLAINTS 255-3610
- **GRAFFITI CLEANUP (DPW) 241-WASH**
- ·GRAFFITI SUSPECT INFORMATION

Leave message for Officer Ed Collins 553-1603

INGLESIDE STATION CONTACTS

Day watch lieutenants (Lt. Mike Pera / Lt. Jim Speros)

553-1603

Night watch lieutenants (Lt. Tony Fotinos)

553-1603

Captain Rick Bruce / Sgt. Dan Sloan

553-1602

Station anonymous TIP line

333-3433

Graffiti coordinator (daytime) Officer Ed Collins

553-1603

Graffiti coordinator (nighttime) Sgt. Eric Quema

553-1603

Graffiti paintover coordinator PSA Bill Segale

553-1603

Leland Avenue Resource Center

(Officers Simon Chan and Mary Morentz)

585-2675

Station permits, Officer Jerry Sarin

553-1603

Traffic problems and radar trailer, Officer John Mulkern

553-1603

Sunnydale Resource Center

(Officers Bud Massey and Gordon Hom) 586-7572

MAYOR'S OFFICE

Bevan Duffy Mayor's Office of Neighborhood Services 554-6110 554-7111

- MCATEER HIGH SCHOOL ANONYMOUS CRIME TIP LINE 437-4986
- NARCOTICS TIP LINE (ANONYMOUS) 1-800-CRACK-IT
- PARKING AND TRAFFIC PROBLEMS (OPT) 553-1200
- •PARKING AND TRAFFIC CONTACT Tony Novello 553-7993
- POLICE (Non-emergency) 553-0123
- POTHOLE REPAIR 695-2100
- SAFE (Forming neighborhood watch groups) 673-SAFE
- •STREET LIGHTING CITY (out of order) (Dee Lemon supervisor) 554-0730
- STREET LIGHTING PGE (wood poles) 693-3201
- **SUNNYDALE RESOURCE CENTER** 586-7572
- TRAFFIC SIGNALS (out of order) 550-2736
- TRAFFIC ENGINEERING (to request a new traffic control sign/device) Bond Yee 554-2300

Captain Rick Bruce

Ingleside Police Station,

1 Sgt. John V. Young Lane, San Francisco, CA 94112

(415) 553-1602 E-mail address: Inglesidel@Juno.com

Web: www.SwlftSlte.com/inglealdeStation

OUR GOAL IS IN SIGHT!

Community Congress is scheduled for JULY 17, 1999 Be one of 500 Members and Friends who Stand Up For Bernal Heights! Please join the Neighborhood Center today. (And mark your calendar for

this important community

meeting.)

500	
400	
300	
200	
100	
25	4.5

280 neighbors have already stood up for **Bernal Heights!**

Members are entitled to:

•10% Discount on room rentals at BHNC •Vote at Congress (Bernal residents only) •Invitation to 1999

Film Series and more! Friends are entitled to:

All the above, plus... • Delivery of

NBJ by mail (starting June 1999) Thank-you reception in January

2000 •Special recognition in December NBJ

I'll stand up for Bernal Heights!

A check, payable to the Bernal Heights

Neighborhood Center, is enclosed for the following dues and/or contribution:				
Members (\$1-\$50) ()\$1 Youth () \$25 Family () adults &()children) () \$5 Senior/Low-Income ()\$25 Non-profit Agency ()\$15 Individual ()\$50 Businesses				
I want to help even more. A contribution of \$ is added to the above dues. Supporters (\$50-\$99) ()\$50 ()\$75 ()\$ If a family:()adults &()children)				
Friends (\$100 and up) ()\$100 Friend ()\$500 ()\$ustainer \$ ()\$250 Advocate ()\$1,000 Sponsor If a family:() adults and ()children NAME ADDRESS				
CITY STATE ZIP				

How has BHNC made a difference to you?

Why did you decide to join today?

Please mail to:

HOME PHONE

WORK PHONE_

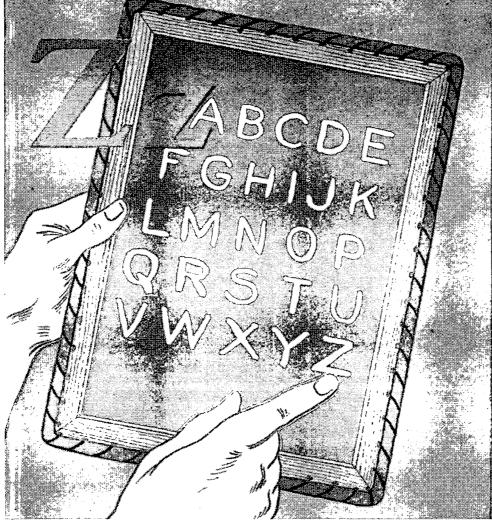
BHNC, Development Office

515 Cortland Avenue San Francisco, CA 94110

PAUL REVERE RIDES AGAIN!

by Deena Zacharin

When my daughter was one-year old and we had just moved to Bernal, I walked down to Paul Revere Elementary School to "check it out". I had believed all the hype about city schools, and thought I was going to see complete chaos, kids running in the hallways, throwing spitballs, abusing their teachers. I visited the school when my daughter was so young because I assumed it would take a lot of work to improve the school; I was glad I'd have four years to help do so before my daughter started there. To my great surprise, however, what I found instead was a fantastic school. Kids were interacting with their with their teachers and each other. The hallways were quiet and up on the walls was beautiful artwork and stories typed out on the computers that are in each



classroom. I saw an amazing library, the size of two classrooms, with a full-time librarian (one of only three in the district). I met the principal, Randy Haves, who himself had worked six years to "turn around" the school.

I learned that the principal and teachers have done so much school reform at Paul Revere that they were invited into the prestigious Bay Area School Reform Collaborative where they receive additional funding and more teacher training. I also discovered a great teaching staff; for example, a third grade teacher I met was recently honored as Teacher of the Year by a private foundation, and the Kindergarten team is recognized as leaders in the school district in early literacy. I could go on and on about the good things happening at Paul Revere, but that is only half of my story.

I figured everyone would want to send their child to a community school which is so diverse and has such great teachers and a responsive, hardworking principal. But I found out that many people didn't even know where it was let alone expect to send their children there. Certain alternative schools had become the place to go, and the pull to send children to a school outside the community was strong. So I took it upon myself not to try to change Paul Revere, but to tell as many parents as possible about this wonderful school. Some people I met told me negative rumors about the school, many of which were simply wrong, some were 10 years old. I heard all kinds of reasons why certain other "alternative" schools were their first choice, when the parents hadn't even seen Paul Revere! I thought how wonderful it would be if the parents of alternative school students were as involved in Paul Revere.

Finally, I started inviting friends to my house to discuss the school. At our house meetings we have discussed the fears and concerns blocking parents from considering a community school over one of the prestigious alternative schools. We have also had the opportunity to discuss our concerns with Randy Haves. For example, one desire of several families was to have after-school care on site. When this was raised to Randy, he immediately brought in the YMCA to run an excellent after-school and summer program. When parents voiced that they wanted Spanish immersion classes at the school, the Director of Student Placement and the Supervisor of the Language Academy from the SFUSD came to talk about how we can go about getting Spanish immersion at Paul Revere. Contrary to the negative press the school district gets these days, Randy and the administration have been very responsive to the parents who have attended these meetings.

I'm excited about the diverse student body and modern teaching methods available at Paul Revere. And what better gift can we give our children than a sense of community? I feel lucky that in my community I can give my daughter the experience I had growing up, walking hand in hand to school in the morning with the same friends with whom she has played at the playground.

I've been talking about this issue to whomever will listen for a couple of years now (my daughter is now 3 and will enter kindergarten in 2000). Through the journey I have met several kindred souls who want this same sense of community for their children. We have decided to form a local chapter of a national group called Parents for Public School (parents4publicschools.com). This organization is dedicated to the principle that public education is vital to our democracy and that the best way to support public education is to enroll your child in the public schools. It's about getting involved and getting the right education for all children in San Francisco. It's also about confronting the issues that come up in living in a diverse city. We have had incredible support for starting this group. It's truly an idea whose time has come for this city which is currently facing huge education issues: choosing a new Superintendent, developing a new integration plan, dealing with low test scores, etc.

It's an exciting time for education reform and parent involvement. We finally have a governor supporting education and we can make our voices heard as parents and consumers of public education. But we also have to start in our own community.

If you are interested in becoming involved with Parents for Public School or Paul Revere Elementary, e-mail **Deena at zacharin@sirius.com**

NEW CHILDREN'S LIBRARIAN AT BERNAL LIBRARY

We want to extend a warm welcome to Nancy Silverod, the new Children's Librarian at Bernal Heights Library. Nancy received a Masters in Library Science in 1990 from the University of Michigan at Ann Arbor and has been a librarian for 9 years. She started working for the San Francisco Public Library in 1996, at the Children's BookMobile and was formerly at the Ortega Branch. Originally from Ann Arbor, Nancy has also lived in Europe, and on the Peninsula. "I really love books and reading and my hope is to pass that on to as many kids as possible."

Here's a listing of summer activities through the San Francisco Public Library. Not all libraries are participating in the program, but Bernal is. Children and parents can sign up at any participating branch.

•Summer reading Club

6/5 - 8/7 Toddler thru Age 13. Children can either read or be read to, making it possible for preschoolers to participate as well. When they have read for 2 hours, they are eligible to receive a prize of a special bookmark. Tattoos are awarded for 4 hours of reading and special dragon buttons, for 6 hours of reading. When they have read a total of 8 hours they are eligible for a grand prize of which there are a variety of different things: tickets to a Giants game, Academy of Sciences, the Zoo, or a trip to the Discovery Museum. When they have read 16 hours, they can enter a raffle which makes them eligible for extra special grand prizes: hardcover books and maybe even a signed baseball from a yet-to-be-named member of the SF Giants! The way they keep track of the hours is strictly on the honor system. Three times during the summer, they enter their times on their reading record at the library.

•Teen Reading Club 6/5 - 7/17

The goal is to read 3 books and do 3 activities which will take them out into the community; for example, a trip to the Cartoon Art Museum, or a visit to City Hall. There is a list of about 24 different possible activities: explore a neighborhood shopping district other than your own, take an afternoon stroll and sketch something you see, etc.

Nancy is dedicated to working with the neighborhood schools and pre-schools. She invites you to stop by and say hello.

RECYCLING IN SAN FRANCISCO

San Franciscans often have questions about recycling. To help provide more information and improve recycling, this column will answer recycling questions and give waste prevention tips each issue.

- Q: What types of paper can residents recycle?
- A: Residents can recycle most types of paper. Some businesses can recycle the same materials, while other programs only take some of the items listed below.

The types of paper residents can recycle are:

- Mail
- Computer and office paper (staples OK)
- Colored paper
- Envelopes (windows OK)
- Dry food boxes (e.g., cereal boxes, soda/beer packs, egg cartons)
- Catalogs and magazines
- Paper bags and packaging
- Phone books
- Newspapers
- Cardboard (flattened & broken down to no larger than 3' x 2')

The only types of papers that are currently not recyclable are:

- Coated paper (e.g., food packaging, drink boxes or cups that are plastic, wax or foil coated)
- Tissue paper (e.g., napkins, paper towels, toilet paper)

Residents with curbside recycling can put all their paper in a paper bag and set it next to their blue bin on their recycling day.

Apartment residents can take all their paper and place it in their building's large gray recycling container marked "Paper Only".

- Q: How can I reduce the amount of unwanted advertising (aka: 'junk mail') that I receive?
- A: There are several ways to reduce the amount of unwanted advertising addressed to your home and office:
- #1:Write to Mail Preference Service. Send your name (with all variations of spelling) and address to the address below, and state that you do not want to receive unsolicited mailings. This will take your name off many mailing lists for five years.

Direct Marketing Association Mail Preference Service P.O. Box 9008 Farmingdale, N.Y. 11735-9008

#2:Credit Card Solicitations

(Even my cat has received one of these!)

A 1999 Federal law enables consumers to remove their names from the lists that credit reporting agencies provide to credit card issuers. Call the following toll-free number to request that your name be removed from these mailing lists:

1-888-5-OPT-OUT (1-888-567-8688)



SUN **ACTIVITIES SWEAT** THIRST

- DRINKS
- MORE BEVERAGE CONTAINERS TO RECYCLE!

Please Remember to Recycle all your

glass, aluminum, and 🕰 & 🕰 plastic beverage containers *

* Note: Colored glass and plastic bottles are accepted. You do not need to remove labels.

TIPS TO REDUCE, REUSE and RECYCLE

REDUCE the number of single-serving beverage containers you purchase by mixing your own drinks at home (ie. iced tea or juice), or by buying larger beverage containers.

REUSE your single-serving bottles whenever possible by refilling them.

Refilling bottles will save you money (e.g. \$1.00/bottle x 5 bottles /week X 52 weeks/year = \$260/year).

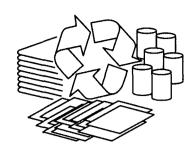
RECYCLE the bottles you cannot reuse. Buy recyclable bottles and jugs

San Francisco RECYCLING www.sfrecycle.org 554-RECYcle

by Debby Dunn, Public Outreach Coordinator San Francisco Recycling Program

#3:Mail Order Catalogs

Call the customer service number on the catalog or use the postagepaid envelopes or cards and ask to be removed from their mailing list. When ordering from catalog companies, request that your name not be given or sold to other companies.



#4:Warranty Cards

You should consider not filling out warranty cards. They are used solely to gather names for mailing lists since you're covered by the manufacturer's warranty whether the card is returned or not.

#5:Prevent lunk Mail Before it Starts

When placing catalog or Internet orders, making charitable contributions, or subscribing to a magazine, request that your name be placed on an "in-house" listing only. This helps ensure that you will be contacted only by that company or organization, and that your name will not be sold or traded to anyone else.

After reducing your junk mail, remember that whatever you still receive can be recycled in San Francisco's recycling program (see question above for more information).



WASTE PREVENTION TIP OF THE MONTH

Bring your own bags (canvas, paper or plastic) to the grocery store. Not only will this save paper and/or plastic, but it can save you money too. Many markets will give you a \$0.05 credit on each bag you bring in.

A family of four can easily save \$26.00 a year with this one simple waste prevention tip. More serious recyclers can even reuse produce bags at the grocery store. After a few good uses, the bag's final life can be used to clean up after your pet!

For more Waste Prevention Tips, call the San Francisco Recycling Program at (415) 554-3400 and request the Environmental Shopping Guide. If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or mail sfrecycle@ci.sf.ca.us. I look forward to hearing from you!

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- Tune Up/Lube Service/Regular Maintenance
- Cooling Systems
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BERNAL HILLTOP NATURAL HISTORY: The Plantains of Bernal

by Barbara M. Pitschel

The Plantaginaceae or plantain family contains 253 species in three genera. Bougueria is a monotypic genus native to the Andes, Littorella has two aquatic or shore species, and the other 250 species are all in the genus Plantago, which is widely distributed throughout the temperate and montane tropical regions of the world.

Plantains have small, four-parted, bisexual, wind pollinated flowers, and their fruits are capsules. The plants are quite variable in growth form, apparently dependent on habitat variation over different parts of their range, which not only affects size, but also number and length of stems.

Fifteen Plantago species occur in California, seven native and eight naturalized from Europe, Eurasia, Chile, and the eastern United States. Five native and four exotic species occur in San Francisco. San Bruno Mountain is home to three naturalized exotics and two natives. Two species of Plantago, drastically different from one another, grow on Bernal Hilltop. One is quite large, the other very tiny. The first is an invasive weed, the other a precious native.



Plantaĝo lanceolata

Plantago lanceolata goes by a wide variety of common names—common plantain, buckhorn plantain, English plantain, and ribwort. It is a weedy perennial, naturalized from Europe, that now occurs throughout the United States. A basal rosette of lance-shaped leaves (from which the species name lanceolata

was derived) arise from a strong, almost woody stem base. The leaf veins are parallel to one-another, a trait that is normally associated with monocot (single seed leaf) families like the lilies, orchids, iris, and grasses. Dicot (double seed leaf) families like the plantains generally have leaves with radiating or fanlike

venation. Stems about a foot tall are topped by single flower heads containing numerous tiny, white flowers. The most recognizable characteristic to use when trying to recognize this plant on Bernal is the ring of open flowers circling each flower head with anthers much exserted like a halo or a planetary ring.

This species has a long blooming season, usually starting by February and continuing nearly year-round. Buckhorn plantain

is a common weed of disturbed places and grasslands that appears over most of the hill. Strong, successional, and invasive, it is doggedly aggressive, crowding out native plants. The ideal restorationist approach to combating this invasive exotic is to remove each clump and substitute a native plant into each hole.



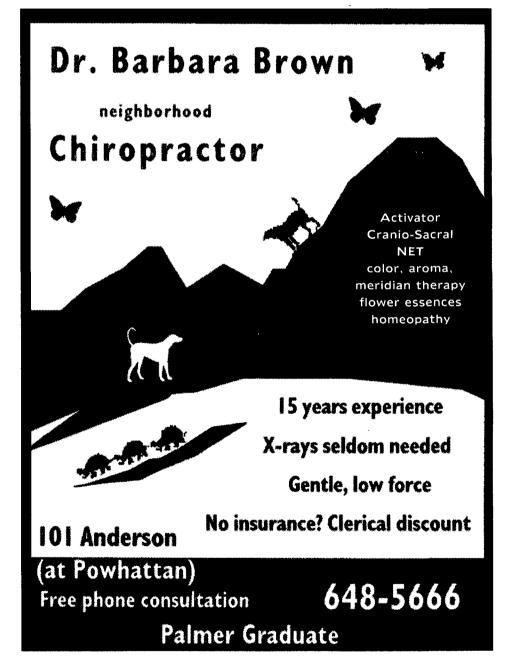
June/July 1999

Plantago erecta

At the opposite end of the spectrum, Plantago erecta (formerly known as P. hookeriana var. californica), dwarf plantain or California plantain, is a tiny annual native plant. One or more stems, rarely more than an inch long, rise from narrow linear basal leaves.

Tiny four-parted, silvery, papery flowers are densely clustered in terminal spikes. This silky-hairy little plant generally blooms from April until June. The heart of Bernal's population grows on the west slope in the rocky, shallow soil that is host to little rock garden-like colonies of native plants. You can try to find it by looking closely along the sides of the middle trail, although it often escapes notice because of its inconspicuous size. Dwarf plantain has considerable wildlife habitat value as larval host for the Bay Checkerspot butterfly. I have also been told that the plant's relatively large seeds with their fleshy endosperm provide food for birds.

To look for Plantago erecta and to help battle P. lanceolata consider joining Bernal Hilltop Native Grassland Restoration Project work parties at 11 a.m. on the third Sunday of each month. Call me at (415) 282-5066 for details.







CHINESE MEDICINE AND THE SPRING DIET by Tamara Wolfson

Chinese medicine is a system which takes a holistic approach to the maintenance of health and longevity while preventing disease. It is based upon strategies that seek a balance between the body's ecology and the environment. For this reason, Chinese medicine focuses on the specific energetic properties of each season and its relationship to the body's elements, and thousands of years of observation by doctors have yielded a rich source of dietary information. Let's take a look at what Chinese dietary theory recommends as the spring diet.

During the spring months, the energy of the body is beginning its transition from being held deep within the body (the yin layers) to the rising, outward expression associated with new growth, our Yang aspect. The Yin qualities of winter include cold, heaviness, dampness, darkness, density, inwardness, restfulness and receptivity while those associated with the dawn of spring include warmth, light, airiness and outward movement.

Within the Chinese Five Element system of correspondences (fire, earth, metal, water, wood), the spring season is related to the Wood Element which correlates with the liver and gall bladder organs. As the body and mind begin their ascent out of the inner world into that of self-expression, it is a time to eat less and allow the body to cleanse itself of the fats and heavy foods consumed during the winter months. Sour foods need to be avoided as an overconsumption could cause some stagnation in the liver's function to move the body's Qi and may cause some digestive disturbances. Salty foods are also minimized as they have a sinking quality that is in contradiction with the energetic flow of the season. When too many heavy and/or sour foods are consumed, the possibility for digestive disturbances such as nausea, acid eructation, abdominal distention, flatulence and diarrhea are increased. If you have a tendency for digestive weakness, this is surely the time of year to take care of your diet in order to prevent the occurrence of them.



HEALING ALTERNATIVES

by Jana Hutcheson

In continuing with the chakras, this article will focus on the fifth and sixth chakras. They are large energy vortexes connected to other energy channels in the body. It is generally seen that there are seven, although some systems combine the first and second or the sixth and seventh. Indigenous people all over the earth can be seen to know about these centers and they can be seen in Christian traditions, too. Generally, it is body healing information. As with many things, some of what we call new, is ancient knowledge.

The fifth chakra or throat chakra deals with communication, creativity, expression, speech and hearing. It can also involve telepathic communication with groups and/or individuals. It is near the third cervical vertebrae in the back, the spine at the base of the skull. It is related to the thyroid gland. When it is open, things that need to be expressed get said. Words no longer get stuck there. Singing, writing, and dancing are connected to this center.

The sixth chakra is a clairvoyant center—it is a center for inner sight. Most sources say it corresponds to the pituitary gland and it is near the first cervical vertebrae. It is psychic and intuition and knowing of truth/reality. Development of this involves creative visualizations, instant knowing and far seeing. It is a space where conscious and unconscious knowledge comes together. Cleansing and developing this center enables one to heal oneself and others on a psychic level.

A crucial element in holistic health is the bringing together of body and soul. The body is invited to be integrated into self-knowledge. There are many techniques of meditation, yoga, and bodywork that teach skills and tools to do this. If the body is not invited to be a part of one's spiritual life, one may become obsessed with its well being. Psychological or spiritual growth without body consciousness is like a tree without roots.

HERBAL TIP OF THE MONTH



Chamomile is a mild tea that may be drunk freely unless you are going to drive. It is an herbal tranquilizer and also a gastrointestinal antispasmodic.

In chronic cases of stomach/abdominal discomfort, chamomile can be taken daily. Adults and children over two can use 1 tsp. of dried herb per one cup boiling water.

Jana Hutcheson is a Massage Therapist practicing in Bernal Heights.

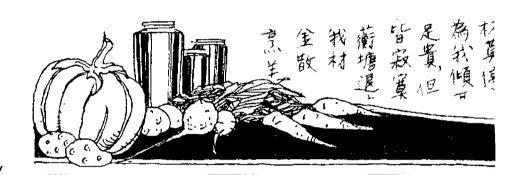
The spring diet should include:

- Yang foods with an "ascending quality",
 such as young plants, fresh greens, sprouts
 and immature wheat or other cereal grasses.
- •Sweet-flavored foods such as starchy vegetables like young beets and carrots, most grains, legumes and seeds.
- •Pungent foods such as onions and garlic and spices such as basil, fennel, marjoram, rosemary, caraway, dill and bay leaf.

Minimize or avoid alcohol, coffee, sugar, excess sour foods and drinks, greasy, fatty, oily foods, hard-to-digest foods such as nuts, spicy hot foods and red meats.

For your digestive weaknesses, try to reduce over-eating, eating quickly and not chewing thoroughly. Minimize raw foods, sugar and sweets, cold drinks with meals, frozen or chilled foods, buckwheat, pork, fruit juices, dairy products, beer, melons, strawberries, lettuce, radishes, celery and large doses of vitamin C—all of which could exacerbate digestive problems. Eat warm, cooked foods, plenty of steamed vegetables, rice, noodles, soups and stews. Be sure your grains are well cooked and eat more frequently but with smaller, easier to digest meals. Drink a small cup of warm water with your meals and use plenty of pepper, cardamom, ginger, cloves, nutmeg, orange peel and fennel as cooking spices.

Tamara is a Chinese Medical Practitioner living and working in Bernal Heights. She can be reached at (415) 824-1635 or by e-mail: tamara _wolfson@hotmail.com.





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- Breastfeeding supplies

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- · A family member who will participate

You may be eligible to participate in this important study on the genetics of alcoholism.

Includes interview, personality test and blood draw

All information is kept strictly confidential

Cash Compensation

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BERNAL HEIGHTS HISTORY

by Elaine Lewinnek



An unusual number of apartment buildings close to Bernal Heights have window signs for Lipton's Tea. There's one tea sign on Cortland Avenue at Bonview, one on 30th Street at Sanchez, one on Chenery Street at Miguel, and maybe more that I haven't yet noticed.

The buildings are almost all the same: they're corner buldings, with doors diagonal to the intersection and a second-story window jutting out in an elegantly simple style that my mother calls a Quaker Knot window. They're all painted in shades of blue-and-white and they all have some sort of plain white curtains covering the large windows. They look like somebody's apartment, but "LIPTON'S TEA" is written in old-fashioned white letters on one of the higher window panes.

The Chenery Street building has a modern "State Farm Insurance" printed on a lower window below the "LIPTON'S TEA." Insurance agent Melanie Marks says the building used to be a store, that's all she knows, and I ought to do my research in the library because she's very busy right now. But I'm not satisfied. This simple corner-store explanation means there must have been a lot of corner stores in a fairly small area, with a strange coincidence of architecture among all these stores.

Jenny Sultan, who lives in the Lipton's Tea building on 30th Street, is more helpful. She says the buildings were once all corner grocery stores, with Lipton's Tea signs placed like a Coca-Cola ad or Berkeley Farms Milk poster today. The buildings all have the same architecture because they were built at about the same time, 1914. Sultan's building stayed a corner store up until 1986, when she changed it to her painting studio. Sultan keeps the tea sign on her studio, because, she says, "I've just always liked it. I think it's great to keep that history, that connection to an earlier time."

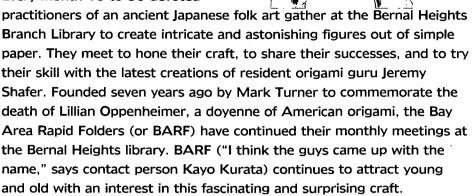
Sultan's windows also have a mysterious sign that says "MJB Co," in the same sort of lettering as "LIPTON'S TEA." It used to say "MJB Coffee" until a pane broke a few years ago. When Sultan took the letters off the broken pane, she discovered they were enamel paint on copper, cut incredibly thin, and stuck to the window with a very stong putty. She says she was surprised they were made of such elegant material. She tried to preserve the letters to re-attach to the new window pane, but they were so thin that they cracked a little. She saved them anyway, and one day, maybe, she'll put the sign back up and give riders of the 24-Divisadero bus one more thing to wonder about.



ORIGAMI ALIVE AND WELL IN BERNAL HEIGHTS

by Stephen Orr

Every month 10 to 30 devoted



To people whose experience of origami has been limited to paper airplanes or the small cranes folded to commemorate the bombing of Hiroshima, today's origami will delight and amaze. Modern paper folders make models of mathematical complexity, as well as kinetic sculptures of mobile monsters and Swiss army knives. One of Mr. Shafer's latest creations shows a surfer riding a wave, only to have the wave crash down behind him as the folder manipulates the paper sculpture.

The history of origami, from the Japanese words "oru" (to fold) and "kani" (paper), is as old as the history of paper itself. Originating in China as a creative style of wrapping gifts, it is still considered by most Japanese as a little girl's pastime. After World War II, however, some Americans became fascinated by the ability to create powerful yet delicate sculptures out of such lowly material. Today, origami has tens of thousands of devotees worldwide who ensure the survival of this traditional Japanese craft, sometimes raising it to the level of high art.

In addition to their monthly meetings in Bernal Heights, the Bay Area Rapid Folders exhibit origami sculpture each year at the Cherry Blossom Festival in Japantown. Many works of BARF members can also be seen at the group's website at www.krmusic.com/barf.htm, with detailed instructions for their creation as well as additional information about this local origami club.

The Bay Area Rapid Folders meet on the first Saturday of every month from 2 - 5 p.m. downstairs at the Bernal Heights Branch Library, 500 Cortland Street. Meetings are free, and everyone with an interest (or curiosity) is invited to attend. For more information, contact Kayo Kurata at (415) 543-6271.



Sunday, October 10, 1999

Would you like to...Meet great people? Work collaboratively with your neighbors? Give something back to the community? Have fun?

The Bernal Heights Neighborhood Center needs volunteers from every corner of Bernal to help plan and run the 11th annual Fiesta on the Hill along Cortland Avenue.

Committees include:

®Publicity and Promotion®Youth Logo Competition®T-shirts

®Entertainment®Booth/Tables/Attractions®Arts and Crafts Raffle

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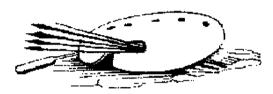


ART PROFILE COLETTE CRUTCHER and MARK ROLLER by Leigh Toldi



Local Artist Colette Crutcher with her sculpture entitled, "Arch: Mother and Child" at the Joseph Johnson Memorial Sculpture Garden, Sanitary Fill Co. (The Dump), San Francisco. The work, created during Colette's residency there, is made entirely of recycled materials.

CALLING ALL YOUNG ARTISTS BETWEEN THE AGES OF 14 - 21



SHOW OFF YOUR ORIGINAL ARTWORK TO THOUSANDS OF BAY AREA BUSINESSES AND RESIDENTS!

The Bernal Heights Neighborhood Center is accepting submissions for the 1999 "Fiesta on the Hill" logo design from youth ages 14-21. The top five semi-finalists will be chosen for consideration by the logo contest sub-committee. The top finalist will be awarded a cash prize of \$100 and will see his or her logo design imprinted on all "Fiesta on the Hill" promotional items such as posters, handbills and T-shirts. The top five semi-finalists will be awarded plaques and other prizes. All logo submissions will be exhibited for the public to enjoy and all contestants will be recognized in the New Bernal Journal.

Please read the guidelines carefully, before submitting your artwork.

QUALIFICATIONS:

- •You must be a youth between the ages of 14-21.
- •You must be a resident in the 94110 or 94112 zip code
- •Logo design must be an original creation that has never been used in other promotional items.
- •Logo design should reflect the spirit of "Fiesta on the Hill"
- •Logo must be submitted on white letter-size (8.5" x 11") paper
- •Logo should not measure smaller than 5" x 8".
- •Logo must be submitted in black and white (no multicolor submissions).
- ·Logo must be clean and camera-ready.
- Logo must be submitted no earlier than 7/12/99 and no later than 5 p.m.,7/30/99 (NO EXCEPTIONS)
- •Logo must be submitted with an application.

Please pick up contest applications at the Bernal Heights Neighborhood Center.

THEME: "Fiesta on the Hill" is about unity and neighborhood pride. Each year in mid-October since 1988, Fiesta has brought together tens of thousands of people for a day of festivities on Cortland Avenue in Bernal Heights. Fiesta is a family event that has something for people of all ages including art, crafts, music, community information, food, dance and games.

CATCHWORDS AND IDEAS: Community, unity, peace, neighborhood pride, celebration, fun, festive, fiesta, arts, music, culture, dance, games, food, multi-cultural, multi-generational, family, friends, neighbors, Bernal Heights, San Francisco, hills, pets.

APPLICATION:

Beginning on June 15, pick up an application at BHNC located at 515 Cortland Avenue (at Andover). All logo submissions must be accompanied by an application.

If you have questions, please call (415) 206-2140.

Walking through the Roller/Crutcher home in Bernal Heights is like venturing into one of Mark Roller's art pieces. You will find symbolic objects tucked artfully here and there throughout the rooms, nestled up beside Colette Crutcher's gem-like drawings, or framing an art piece by 12-year old daughter Zoe or 9-year old son Isaac. The overall earth tones are accented by bold highlights of blues, yellows, greens, and reds, as well as the more graphic contrasts of black and white. Roller's structural talent in drawing can be seen in his uniquely crafted wooden cabinets, stairs and bookcases scattered throughout the addition-in-progress home, as you wind your way through motifs of home life and down a spiral staircase. Here, in the studio you are surrounded by the insistent whisperings of Crutcher's almost dreamlike pieces and the crashing boldness of Roller's newest "Colette."

When they first met Mark Roller and Colette Crutcher were artists with distinctly different styles, but these have come to intermingle considerably since the pregnancy with their first child 13 years ago. Roller used to draw Crutcher (a professional art model) just as any artist would a female form, but "when she got pregnant I did the first (plaster) casts of her I'd ever done." Crutcher laughs, "I just got so 3-D that he couldn't keep me on the page."

Roller's first ideas were to create confrontational images of her physicality that were as immediate for the viewer as it was for him. "Then I realized it is all about relationship. It's always her in a context, some aspect of her life as a mother or an artist, or as a member of her own family, or in relation to things outside of that smaller sphere." Through a mixed media of sculpture, drawing, painting and photography, Roller incorporates symbols from myth and images from present-day life to communicate to the viewer who Colette is as a person living through time.

While Roller's art grabs you with its raw energy, Colette Crutcher's is an art that quietly applauds the intensity of the inner soul. Crutcher does not work from life, but rather creates images which represent states of mind or feelings. "I don't set out with an idea of what the piece is going to be about," says Crutcher. "I just start drawing, erase it, start drawing, erase it. I do that until I look down and feel that there's a person and it becomes something I can have a relationship with."

Crutcher has recently become more three-dimensional in her work, which she attributes to both the influences of her husband and her Artist-in-Residence term at The Dump. An outdoor mosaic piece by Crutcher can be seen at The Dump's sculpture garden, while her refurbished multimedia mural "Tonantsin Renace" (she received an award for best new muralist in San Francisco, 1992, for the original) can be seen at 16th and Sanchez Streets.

Roller and Crutcher are at present collaborating on two cast concrete murals for a public library through the S.F. Arts Commission. Both Roller and Crutcher participate in Hunter's Point Open Studios, or you can see their art by appointment, **641-1987**. You will find note-cards by their budding artist daughter, Zoe, at Heartfelt on Cortland Avenue.

LOST



MAY 30 ON THE HILL OR IN VICINITY. PRESCRIPTION READING GLASSES. LIGHT GREEN FRAMES. REWARD. CONTACT: NEW BERNAL JOURNAL OR JULIE GLANTZ AT 824-9673. mail@1kwords.com.

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"Raoul's Groove" Photo by Mark Eastman @1999

EVENTS

The "Health & Harmony Music & Arts Festival" will be held the weekend of June 12–13, from 10 a.m.–7 p.m. at the Sonoma County Fairgrounds in Santa Rosa. Voted the "Best Festival of Sonoma County" for five consecutive years, it is the largest event of its kind on the West Coast. For information and ticket prices call the festival hotline (707) 547-9355.

The Fourth of July Waterfront Festival, on the Hyde Street Pier, is part of the San Francisco Chronicle's annual waterfront festival. And, it's free. Information is available by calling (415) 556-3002.

Y2K||Youth 2000 features media works by youths and youths in collaboration with artists. It will be on exhibit until Saturday June 12, at the Southern Exposure gallery at 401 Alabama Street (at 17th) in San Francisco. Gallery hours are 12 p.m.— 5 p.m. Tuesday through Saturday.

The Randall Museum hosts "Saturdays are Special" from 1 p.m.–2:30 p.m. every Saturday in June. The drop-in art and science workshops for children (five and older) are \$4 and class sizes are limited. Call the museum at (415) 554-9600 for more information and weekly themes.

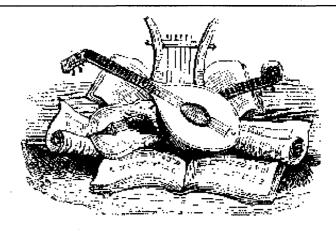
"Seven Years of the Sixth Street Photography Workshop" shares the photography created by economically-disadvantaged and homeless adults, who are frequently the subjects for documentary and journalistic photography. The exhibit, at Media Alliance (814 Mission Street) through July 30, highlights the work of individuals who use and have used the workshop during the last seven years.

The California Palace of the Legion of Honor is host to "Francis Bacon: A Retrospective Exhibition" (June 12 through August 2) and "Claes Oldenburg Prints and Multiples" (June 5 through September 19). For information about exhibitions, children's workshops and other events held by the Fine Arts Museums of San Francisco, call (415) 750-3614. Admission is free every second Wednesday of each month.

Summerfest/dance will present six contemporary dance programs by 28 Bay Area choreographers beginning Thursday July 8. Tickets are available for \$12 and \$15 and performances will take place at Fort Mason's Cowell Theater. For further information call the Fort Mason Center Box Office at (415) 441-3687.



Bernal is home to a number of accomplished musicians. The New Bernal Journal would like to list upcoming performances, recordings, and any newsworthy projects. Send information to: Anne Telford, New Bernal Journal, 515 Cortland Avenue, San Francisco, CA 94110 (415) 206-2140 ext. 108 fax: (415) 648-0793



Music on the Hill

is Bernal Height's very own chamber music series held in the intimate setting of St. Kevin's Church.

Please call 241-1515 or e-mail mothmuse@aol.com. for information about tickets and subscriptions.

All concerts are on Sundays at 7 p.m. St. Kevin's Church 704 Cortland Avenue Bernal Helghts

JUNE 6TH Joan, Ava & Friends

Joan Jeanrenaud, cello (of the Kronos Quartet), and Ava Soifer, piano, will be joined by friends in a recital featuring a premiere of a newly-commissioned work by Bay-area composer and jazz musician, Wayne Wallace.

The new work will be written for cello, piano, and percussion in the Cuban Danzon style. Also on the program, Schuber's Trout Quintet and works by Britten and Lutoslowski.

SEPTEMBER 12TH

Pacific Arts Trio

Angie Koregelos, flute; Dan Reiter, cello; and Natalie Cox, harp, performing transcriptions by cellist Dan Reiter of works by Janacek, Debussy, and Britten.

NOVEMBER 14TH

Del Sol String Quartet Anthony Blea, violin; Kathryn Stenberg, violin; Charlton Lee, viola; and Gretchen Egen, cello, performing works by Beethoven, Dvorak, D'Rivera, and Piazzolla.

Information provided by Mike Matz.

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HAVE YOU SEEN MR. LULU?

by Heidi and Bill Plumb

We've lost our pet and hope to get him back. He's been gone since April 15 and we know we might not see him again. This is a request for help but also a love letter of sorts—a celebration of what a fine community Bernal is to live in.

It's one of those split-second moments you wish you could go back and change. Surprised by the unexpected knock at the front door, we forgot to make sure that our birds were secure in their cage. In a blink, the unwelcome visit from a cable TV solicitor turned from annoying to awful, when our ever-curious parakeet flew out to investigate the new voice. Once outside, he circled the entry alcove twice and was gone. Again.

Four years ago, the same bird, a hand-tamed turquoise and white budgie named Mr. Lulu, a gregarious, talkative and beloved companion, flew toward strange voices at the door and was lost in a rainstorm. We live on the south side of the hill. We found him three weeks later, vacationing with someone on the north side of the hill.

Bernal has some qualities that make it a better neighborhood than most for retrieving a lost pet. Because of the hill and because the shopping district is so compact and walkable, folks who love animals and are sympathetic when a pet is missing, are easier to connect with. When he was out the first time, we put up posters and got calls saying, "I was out walking my dog and Mr. Lulu landed on my shoulder. He's so sweet, but he wouldn't stay with me. I just wanted you to know he's out there and seems to be fine." It was those calls that allowed us to keep our hopes up and continue the search that finally brought him home. Since he is more interested in people than in other birds, we're trying to find whomever he's chosen to befriend. Because of the clear weather, he may have traveled farther this time.

We've had calls this time too. A Muni driver called to say she saw a bird on her route, unfortunately deceased, but she wanted us to know in case it was our bird. She told us where to look; it turned out to be a dove. A woman called to say she thought she might have seen him and so put her own parakeets in their cage on the laundry line in hopes their singing would lure him. He never showed, but since she walked on the hill every day, she was going to put her birds in a smaller cage to carry with her.

A man called one morning to say he remembered meeting the recently-returned Mr. Lulu at our garage sale four years ago and offered advice regarding the wording on our flyers. None of these calls returned him, but knowing there are other concerned eyes out watching for him buoys us.

People have called about birds they've found, each certain that they have found Mr. Lulu, but none have turned out to be him. In three of these cases the finder was not able to keep the bird; so we now have a hand-trained lovebird and two parakeets that are not hand trained (neither of which fit the descriptions in the two most recent flyers we've seen on Cortland). We would love to get these birds back to their families. Who knew there were so many lost birds out there?

So where is our Lulu? You'd know him if you met him. Even the avian veterinarian was struck by his lack of shyness. He sat on her shoulder singing and chattering while she was treating one of our other budgies. "You've got a big personality for such a tiny bird!" she said. It's heart-breaking to have lost a loved pet, but we've gained reminders of why we're lucky to be part of the Bernal community. Thanks.

Heidi and Bill Plumb are offering a \$100 reward for the safe return of Mr. Lulu. Please call with any information (415) 647-0363.



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415-648-0100 msusanhughes@earthlink.com





"Mr. Lulu telling Secrets to Bill" Photo by Heidi Plumb, May 1995

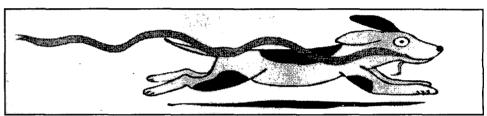


CALLING ALL DOGS

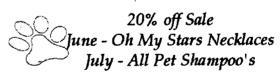
On Saturday, June 12, SFDOG brings its roving park cleanup to Bernal Hill. SFDOG has joined forces with the SPCA for these monthly cleanup events, and this month the SPCA will bring along some of their most adoptable dogs and present a Dog Talk for kids as part of the fun. The event is being co-sponsored by the newly formed Professional Dog Walkers Association (ProDog), who

will be on hand to help. Join us from 10 a.m. - noon as we pick up litter and dog poop, learn about dogs and have a great time.

For more information contact: **S.F. Dog** (San Francisco Dog Owners Group) (415) 339-7461 www.sfdog.org



Doggone Fun Run sponsored by PAWS (Pets Are Wonderful Support), a non-profit organization dedicated to helping people with AIDS care for their companion animals. PAWS offers a variety of services including pet food, assistance with veterinary care, dog walking and litter box cleaning. In addition, PAWS provides information on preventing diseases that can be transmitted from pets to people who are immuno-compromised. Have fun with your dog while raising money for PAWS. Sunday, June 13, 9 a.m.-noon. Speedway Meadow, Golden Gate Park For more information call PAWS 241-1460



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June/July 1999

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Experienced 15-year old dog walker. Has training from animal control. I love dogs/dogs love me. References available. Call 282-8871.

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call Carol Bee @ 415-550-1302 ext. 219

Photography: Infant, child and family portraits, \$19.95 for 20 photos. Includes four 5" x 7", four wallet size and twelve 4" x 6" photos. Call Ron 221-5069.

FOR SALE

***Nick's '65 Toyota Stout vintage pickup, light hauling. Pager: 560-3637

GOODS WANTED

Furniture Wanted. I need old dressers, tables, desks, etc. Paying cash. Karen-647-6157.

FOR FUN

Bernal Fags Social Group for gay, bi, transgender, and queer males in Bernal. Meets 11:00 a.m. on the first and third Saturdays at Progressive Grounds. bernalfag @ geocties.com, or see www.geocities.com/WestHollywood/ Castro/2526.

BODY• MIND• SPIRIT

Hot Flash! Midlife Women's Groups in Noe Valley. Meet with women your age, supporting each other through the struggles, challenges and joys of midlife. We are trailblazers and elders in training. redefining what aging means to us. Arlene Dumas, LCSW, 641-4553.

List your business or service. Classified ads at 20¢ a word. NBJ, 515 Cortland Avenue San Francisco, CA 94110, or call 206-2140 ext. 148

Writing Salons! Intimate and supportive creative writing workshops of 6 to 12 people. Classes in fiction, poetry, essays & memoirs, journal-keeping, screenwriting, songwriting, magazine feature writing, children's book writing, and more. Year-round 8- to 10-week sessions right here in Bernal Heights, led by experienced, dedicated teachers. Next session begins late January. Call 642-9793 for class descriptions cost, days and times.

Your Neighborhood Massage Therapist certified in Swedish Massage and Shiatsu. (www.ultima.org/HaraldCMT). Let me help you relax with a therapeutic, soothing, comforting, full-body massage that will reduce stress and tension and promote well being. For appointment call Harald at 824-0136.

Massage therapy for new moms and dads. Come to my office in Bernal Heights or I can come to your home. 18 years experience, with a degree in somatic psychology. Can also help with gentle stretching and rebuilding after childbirth. Call Laura Schapps, CMP, MA 647-2054.

FOR RENT

Garage for rent. 585 square feet! Newly remodeled, professionallymade storage shelves, earthquake-proof, clean, storage space. Backyard garden with lots of sun, is also optional. Utilities are included. \$500 a month. Call between noon- 5 p.m. 285-1417.



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Call 415-273-1558 or visit www.rescuemuni.org and help clean it up.

Muni is the City's lifeline, carrying more than 700,000 San Franciscans to and from work and school everyday. But too often Muni is crowded, late, dirty and unsafe.

Now there is something riders can do to turn the Muni around. Join Supervisor Gavin Newsom, Rescue Muni, SPUR, the Sierra Club, the League of Conservation Voters, the S.F. Bicycle Coalition, the Building Owners and Managers Association, and the Committee on Jobs, and advocate for real Muni reform.

To join this coalition, call Rescue Muni at 273-1558 or visit them on the web at www.rescuemuni.org.

San Francisco businesses salute this coalition for its efforts to develop real solutions to Muni's problems. The Committee on Jobs is a coalition of 35 large local employers who collectively employ 50,000 people in San Francisco. Many of these workers depend on Muni to get to and from work and are frustrated by its decline.

Wanted: Volunteers to deliver the New Bernal Journal

BHNC Director Mauricio Vela is looking for volunteers to help distribute the New Bernal Journal. If you'd like to help spread the word, please contact the Bernal Heights Neighborhood Center, (415) 206-2140.

It's a cheap way to burn calories and a nice way to get to know some of your neighbors.

All volunteers are honored with a party at the end of year, plus our sincerest thanks six times a year!

The New Bernal Journal is available at the Bernal Heights Neighborhood Center during open hours, Mon.–Fri., and also at the Bernal Branch Library, Bernal Beast, the Good Life Store, and other neighborhood businesses.

Spread the word about your business— Advertise in the NBJ. Call 206-2140 ext 148 for information.

Have any free time or the desire to help out, meet people, do some community service? Get involved in the community!

Find out about volunteer opportunities at more than 900 organizations in San Francisco. Call the Volunteer Center of San Francisco at (415) 982-8999 or visit our website at www.vcsf.org.

JOIN YOUR BERNAL HEIGHTS NEIGHBORS & BE ONE OF 60+ GARAGE SALES HELD THROUGHOUT THE HILL!

Bernal Heights Hillwide Garage Sale Saturday • August 21, 1999 9 a.m. - 4 p.m.

NAME:	DAY PHO
ADDRESS:	
NEAREST CROSS STREET:	2nd CROSS STREET:
☐ I WANT TO PARTICIPATE IN	
THE HILLWIDE GARAGE SALE! \$15 registration fee includes your garage sale listed on 3,500 flyers, 8,000 maps in the New Bernal Journal, event classified ads in several newspapers and also suppports services to seniors in our community!	
In addition to my \$15 registration fee, I would also like to donate the following proceeds of my garage sale to support seniors services in Bernal Heights: 25% 50% 100% - % Homes donating a portion of their proceeds will be highlighted on the Hillwide Map.	A CHANGE OF THE REAL PROPERTY.
LOCATOR MAP: PLEASE PUT AN "X" ON THIS MAP TO INDICATE THE EXACT LOCATION OF YOUR SALE.	THE STATE OF
I WANT TO DONATE SOME "STUFF" TO THE SALE!	VIRGANIA AV
I don't want to have my own garage sale, but would like to donate "stuff" to the Bernal Heights Senior Service's rummage sale location at the Neighborhood Center, 515 Cortland Avenue. Please drop off good quality donations on Friday, 8/20/99. DONATIONS SHOULD BE IN GOOD OR WORKING CONDITION. NO TEXT OR OUTDATED REFERENCE BOOKS, MAGAZINES.	EUGENIA TITULIA NA POLICIA NA PAPLETON
Will you also have your garage sale on Sunday 8/22? ves no	THE REAL PROPERTY OF THE PARTY

(The Hillwide is scheduled for Saturday 8/21 only, but we will indicate if you will also hold your sale on Sunday)

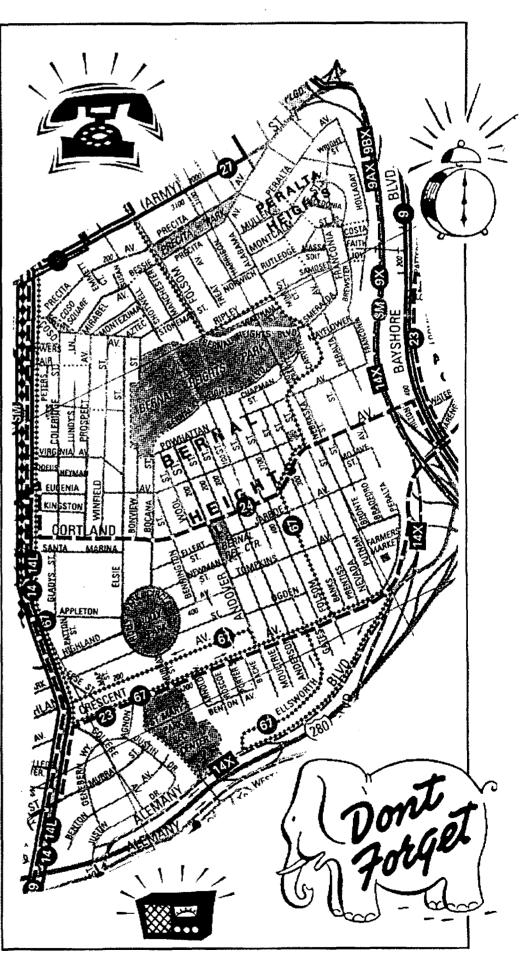
Please make checks payable to

"Bernal Heights Neighborhood Center" or "BHNC."

Send by 7/16/99 to:

BHNC Hillwide Garage Sale 515 Cortland Ave., SF, CA 94110

Confirmation: We will call you to confirm receipt of your registration & fee. A stack of Hillwide Garage Sale Maps and directional signs will be delivered to you .



For more information, please call Bernal Heights Senior Services: 206-2140

New Bernal Journal June/July 1999 Serving Bernal Heights for 28 Years HOURS MONDAY - SATURDAY 7AM-9PM SUNDAY 8AM-9PM Great Selection, Friendly Service SUPER and a Whole Lot of Savings! ATM VISA MasterCard Food Stamps 820 CORTLAND AVENUE, SAN FRANCISCO Groceries: 648-4656 Meat Department: 648-4657 Fax: 648-6031 Wine • Liquor• Beer Store-Wide Savings Fetzer-**Berkeley Farms** Western White Zinfandel Langer's Orchid's Milk **Family** 750 ml \$6.99 **Apple Juice** Coconut Milk Homog & Vita 2% Soda Sebastiani-64 oz. 14 oz. Sauvignon Blanc \$3.29 gal. 2 liter Zinfandel 1.5 liter \$10.89 \$1.99 99¢ Butter 1 lb. \$2.99 **79**¢ **Pinot Noir** Chardonnay Merlot 1.5 liter \$11.98 **Better Buy Western Family** Herdez Dumcan Hines Korbel Champagne Green Beans Chili Con Carne **Jalapenos** Cake Mix 750 ml \$ 9.98 14.5 oz Hot or Mild Sliced or Whole Yellow Raynal Napoleon **59**¢ 99¢ 15 oz. \$1.09 \$1.09 French Brandy 1 liter \$12.98 Jose Cuervo Teguila GOLD 750 ml \$ 13.99 **Del Monte Sparkle** Taco Bell Western Family **Royal Gate Paper Towels** Ketchup Refried Beans Vodka 1 liter \$ 6.99 Corn Oil 28 oz. \$1.99 2-Ply 16 oz. 48 oz. 750 ml \$ 15.99 Kahlua Liquer 99¢ each **89**¢ \$2.99 Beefeater Gin 750 ml \$ 15.99 Canadian Club 750 ml \$ 10.98 Fruits and Vegetables • **BEERS** Budweiser **Potatos** 12 pk 12 oz cans \$ 6.99 **Dry Yellow Onions** 10 lb. Bag **Grapefruits** 3 lbs. for \$1.00 \$1.39 each 4 for \$1.00 Milawukee's Best 12 pk 12 oz cans \$ 5.39 Miller \$10.98 18 pk 12 oz bottles **Tomatoes Cello Carrots** Lemons small 1 lb. Pkg. Beck's 5 for \$1.00 12 pk 12 oz bottles \$12.99 49¢ lb. 39¢ each + Tax & C.R.V. Meats **Ground Chuck Pork Butts** Pork Steak Family Pack \$1.19 lb. Boneless \$1.29 lb. Boneless \$1.99 lb. **Ground Sirloin** Bone-in \$1.09 lb. Bone-in \$1.79 lb. Family Pack \$2.69 lb. Lean Boneless **Pork Neck Bones** Pig Feet **Beef Stew**

69¢ lb.

\$2.99 lb.

69¢ lb.